



NMCPHC QUICK HITS

National Drug Facts Week

[National Drug Facts Week](#), January 26 - February 1, 2015, is a national health observance that aims to shatter the myths about drugs and drugs abuse. Sponsored by the National Institute on Drug Abuse (NIDA), National Drug Facts Week was launched to counteract myths the public often hears from the Internet, TV, movies, music, or peers.

NMCPHC functions as the Navy's technical authority on forensic drug testing matters for the Navy and Marine Corps and manages the [Navy Drug Testing Program](#). The program supports mission readiness through deterrence and detection of drug abuse by military service members. Drug misuse and abuse includes any inappropriate use of pharmaceuticals (both prescription and over-the-counter drugs) and any use of illegal drugs. This includes taking medications that were prescribed to someone else and taking medications in ways other than what was prescribed, such as taking higher doses than recommended.



The Navy Drug Testing Program is committed to providing scientifically valid and legally defensible drug test results in a timely manner to sailors and marines. Common myths about the drug testing process include:

Myth: Prescription drug abuse cannot be detected on a drug test.

Fact: Drug test results are compared to the Pharmacy Data Transaction System (PDTs), to determine if the service member has a valid prescription in the TriCare system.

Myth: Over the counter cold medications such as pseudoephedrine (Sudafed) can cause a positive drug test result.

Fact: Over the counter cold medications will not cause a positive drug test result in the military drug testing program.

Myth: Taking large doses of niacin (vitamin B3) will mask illicit drug use.

Fact: Large doses of niacin will not help someone evade a positive drug test result. Taking large doses of this vitamin can potentially cause nausea, vomiting, ulcers, fainting, or a fast-pounding heartbeat among other side effects.

Myth: Detoxification agents, such as Goldenseal Tea, Detox, and Herbal Clean, can help defeat a drug test.

Fact: Detoxification agents do not cleanse drugs from the body.

Myth: Synthetic/designer drugs, such as spice and bath salts, are safer than the drugs they are intended to mimic.

Fact: Synthetic drugs are often hundreds of times more potent and more dangerous than the drugs they are intended to mimic.

Watch the "Navy Drug Screening Labs: A Commitment to Accuracy, Part 2: Myths" video (available on [YouTube](#) and [DVIDS](#)) to clear up additional misconceptions regarding false positive drug screening results. Click [here](#) to learn about the Navy's drug screening laboratories.

The NMCPHC Health Promotion and Wellness (HPW) department has educational materials and resources to prevent illegal drug use and the misuse of over-the-counter and prescription medications. To learn more click [here](#).

